

# Heat Molding Guide



## What you need:

- Heat Moldable Orthotics
- Toaster Oven
- Heat-Safe Gloves
- Heat Molding Pillow w/ Hot Top Cover
- Socks

## Select Size

Rather than go by the shoe size, hold the blank directly to the foot and fit just proximal to the met head. Two people might wear the same size of shoe but have different size orthotics. The **arch length** is more important than shoe size.

Hold the orthotic directly to the foot (while patient's foot is propped up). Make sure the rear of the orthotic is sitting a little behind the heel of the foot – this simulates where it might hit the back of the shoe.

## Heat Orthotic

Pre-heat toaster oven to **300 degrees** for 5 minutes. After the oven is preheated, using heat-safe gloves place the orthotics inside for approximately 3 minutes (slightly less time for small sizes).

Pull orthotics out of the oven. The orthotic is heated enough when you can easily push the arch all the way down with your finger. If they are too stiff, place back in the oven for additional time.

## Mold Orthotic to Foot

### On Pillow

Place orthotic on heat molding pillow then place hot top cover over orthotic. Have patient stand on hot top cover while using your hands to align heel and then medial/lateral sides of foot with the orthotic. Patient should stand on orthotic for 30-45 seconds.

### In Shoe

Insert orthotics into shoes. Make sure patient is wearing 2 or more socks to prevent burns. Have patient put their feet into the shoes and stand for 30-45 seconds. Patient should then remove shoes.

**Allow insoles to cool 5-10 minutes before use.**